

## **AMENDMENTS TO THE CLAIMS**

Please amend the claims by replacing the original claims with the following listing of claims.

### **LISTING OF THE CLAIMS:**

Claims 1-6 (Canceled)

7. (Withdrawn) An apparatus for cooking comprising:
  - a shell;
  - frying apparatus;wherein said shell, after being filled with said food and upon being immersed in said frying apparatus, provides heating to said food and thereby cooks said food.
8. (Withdrawn) An apparatus as in claim 7 whereby said heating comprises conductive heating.
9. (Withdrawn) An apparatus comprising:
  - at least two shells, configured for use in a frying apparatus;wherein said shells, after being filled with said food and upon being immersed in said frying apparatus, provides heating to said food and thereby cooks said food.
10. (Withdrawn) An apparatus as in claim 9 wherein said shells are temporarily linked to each other.

11. (Withdrawn) An apparatus as in claim 9 wherein said shells are flexibly linked to each other.

Claims 12-14 (Canceled)

15. (Withdrawn) An apparatus for cooking comprising:

- an extruder;
- a shell; and,
- frying apparatus;

wherein said extruder fills said shell with dough, wherein said shell, after being filled with said dough and upon being immersed in said frying apparatus, provides heating to said dough and thereby cooks said dough.

16. (Currently amended) A method of cooking comprising:

- providing a shell including a first plate having a groove therein and at least one edge and a second plate having a groove therein and at least one edge, said first plate and said second plate being hingeably connected along an edge thereof, the shell forming at least one first configuration wherein food to be cooked may be placed therein and forming a second configuration wherein said first plate and said second plate are brought together to enclose said food to be cooked;

- configuring the shell in a first configuration;
- placing food to be cooked within the shell;
- placing said shell in a second configuration by bringing together said first plate and said second plate to form an enclosure comprising a first environment which is a food containing environment, the first environment which is a food containing

environment being formed in part by the groove of said first plate and in part by the groove of said second plate, the step of placing said shell in a second configuration including bringing together said first plate and said second plate so that the first plate groove and the second plate groove define a space within which the food placed in said shell may be cooked;

- placing said shell containing the food desired to be cooked in a frying apparatus, said frying apparatus comprising a second environment, said second environment containing liquid cooking media, wherein placing said shell in said frying apparatus comprises placing said shell on a transport rack and transporting said shell through said liquid cooking media;

- maintaining said shell in said frying apparatus for a sufficient period of time to cook said food and maintaining the food to be cooked in said first environment and maintaining said cooking media in said second environment;

- removing the cooked food from the shell, wherein the cooked food resembles the shape of the shell in which it was placed relative to the second configuration of the shell ~~that approximates the shell configuration,~~

- wherein removing said cooked food from said shell includes lifting one of said first shell plate and from said second shell plate relative to the other, ~~wherein said first shell plate and said second shell plate remain connected to one another during said lifting, and wherein removing the cooked food comprises independently moving one of the first shell plate and the second shell plate relative to the other of the first shell plate and the second shell plate to remove the cooked food from the shell,~~

~~wherein the cooked food of a shell is independently removable from said shell relative to each other cooked food item.~~

17. (Original) A method of cooking as in claim 16 whereby the temperature utilized in said frying apparatus is the range of 250 to 400 degrees Fahrenheit.

18. (Original) A method of cooking as in claim 16 whereby the temperature utilized in said frying apparatus is the range of 325 to 375 degrees Fahrenheit.

19. (Original) A method of cooking as in claim 16 further comprising:  
- providing a shape to said food.

Claim 20. (Canceled)

21. (Original) A method of cooking as in claim 16 wherein said food is dough.

22. (Original) A method of cooking as in claim 16 wherein said food is dough and further comprises:

- konjac glucomannan and
- animal based protein concentrate, wherein gas bubbles are introduced into said dough using mechanical and/or chemical methods.

23. (Currently amended) A method of cooking as in claim 22 wherein said mechanical methods ~~comprise~~ consist of pressurization of said dough.

24. (Original) A method of cooking as in claim 22 wherein said mechanical methods comprise high speed whipping of said dough.

25. (Original) A method of cooking as in claim 22 wherein said chemical methods comprise baking soda and/or baking powder.

26. (Currently amended) A method of cooking comprising:

- providing a shell including a first plate with at least one edge and a second plate with at least one edge, said first plate and said second plate being hingeably connected along an edge thereof, the shell forming at least one first configuration wherein food to be cooked may be placed therein and forming a second configuration wherein said first plate and said second plate are configured so they may be swingably brought together to enclose said food to be cooked and form the second configuration;
  - configuring the shell in a first configuration;
  - placing food to be cooked within the shell;
  - placing said shell in a second configuration by bringing together said first plate and said second plate; and
  - immersing said shell in a frying apparatus containing liquid cooking media, wherein immersing said shell in said frying apparatus comprises placing said shell on a transport rack and transporting said shell through said liquid cooking media;
  - removing the cooked food from the shell, wherein the cooked food resembles the shape of the shell in which it was placed relative to the second configuration of the shell ~~that approximates the shell configuration,~~
- wherein removing said cooked food from said shell includes lifting one of said first shell plate and from said second shell plate relative to the other, wherein said first shell plate and said second shell plate remain connected to one another during

~~said lifting, and wherein removing the cooked food comprises independently moving one of the first shell plate and the second shell plate relative to the other of the first shell plate and the second shell plate to remove the cooked food from the shell, wherein the cooked food of a shell is independently removable from said shell relative to each other cooked food item.~~

27. (Original) A method of cooking as in claim 26 wherein said immersion period is for a sufficient period of time to cook said food.

28. (Original) A method of cooking as in claim 26 further comprising conductive heating of said food, while said shell is immersed in said frying apparatus.

29. (Currently amended) A method of cooking comprising:

- providing at least two shells, each shell including a first plate with at least one edge and a second plate with at least one edge, said first plate and said second plate being hingeably connected along an edge thereof, the shell forming at least one first configuration wherein food to be cooked may be placed therein and forming a second configuration wherein said first plate and said second plate are brought together to enclose said food to be cooked;

- configuring the shells in a first configuration;
- placing food to be cooked within the shells;
- placing each of said shells in a second configuration by bringing together said first and said second plate;
- ~~wherein said at least two shells are configured for use in a frying apparatus;~~

- the method including linking the shells together with a flexible linking

mechanism;

-immersing the linked shells that contain the food to be cooked in a frying

apparatus and cooking said food contained within said linked shells;

~~-wherein said shells, after being filled with said food and upon being~~

~~immersed in said frying apparatus, provides heating to said food and thereby~~

~~cooks said food;~~

- removing the cooked food from the shells ~~shell~~, wherein the cooked food resembles ~~approximates~~ the second shell configuration of the shell from which it was removed,

- wherein removing said cooked food from a said shell includes lifting one of said first shell plate and ~~from~~ said second shell plate relative to the other, wherein said first shell plate and said second shell plate remain connected to one another during said lifting, ~~and wherein removing the cooked food comprises independently moving one of the first shell plate and the second shell plate of one shell relative to the other of the first shell plate and the second shell plate of that same shell to remove the cooked food from that shell, wherein the cooked food of one shell is independently removable from said one shell relative to each other cooked food item in the other shell.~~

30. (Currently amended) A method of cooking as in claim 29 wherein each said shell is in two or more parts, which are combined prior to placing said shell in a frying

apparatus, and wherein the cooked food of one shell is independently removable from said one shell relative to each other cooked food item in the other shell.

31. (Currently amended) A method of cooking comprising:

- providing a shell including a first plate with at least one edge and second plate with at least one edge, said first plate and said second plate being hingeably connected along an edge thereof, the shell having at least one groove therein forming at least one first configuration wherein dough may be placed therein and forming a second configuration wherein said first plate and said second plate are brought together to enclose said dough;
- extruding dough from an apparatus to a groove of said shell;
- placing said shell within a frying apparatus containing a liquid cooking media, wherein placing said shell within said frying apparatus comprises placing said shell on a transport rack and transporting said shell through said liquid cooking media; and,
- cooking said dough within said frying apparatus;
- removing the shell from the frying apparatus;
- removing the cooked food from the shell that resembles ~~approximates~~ the shell second configuration of said shell into which said dough was extruded,

wherein removing said cooked food from said shell includes lifting one of said first shell plate and from said second shell plate relative to the other, wherein said first shell plate and said second shell plate remain connected to one another during



~~said lifting, and wherein removing the cooked food comprises independently moving one of the first shell plate and the second shell plate relative to the other of the first shell plate and the second shell plate to remove the cooked food from the shell, wherein the cooked food of a shell is independently removable from said shell relative to each other cooked food item.~~

32. (Withdrawn) An article of manufacture for cooking food comprising a shell, used in conductive heating of a food within a frying apparatus.

33. (Withdrawn) An article of manufacture as in claim 32 wherein said shell is used for a single conductive heating of a single food only.

34. (Currently amended) The method of claim 29 [[30]], including providing at least two shells including at least one first shell and at least one second shell, and providing a first linkage on at least one said first shell, and providing a second linkage on at least one second shell, wherein said first and second linkages are linkable to each other to provide a flexible linkage; wherein linking the shells together includes linking said first shell and said second shell together by linking said first linkage with said second linkage to form a flexible connection between said first shell and said second shell [[:]]

~~wherein immersing of said shells in said frying apparatus comprises immersing said linked shells.~~

35. (Currently amended) The method of claim 34 wherein at least one of said first linkage and said second linkage is a c-shaped linkage, and wherein at least the other

of said first linkage and said second linkage is a pin linkage; and wherein linking includes connecting together ~~placing~~ said c-shaped linkage and on said pin linkage.

36. (Currently amended) A method of cooking comprising:

- providing a shell including:

- (i) a first plate with at least one outer edge and at least one inner edge, and having at least one groove therein, and

- (ii) a second plate with at least one outer edge and at least one inner edge, and having at least one groove therein.

- said first plate and said second plate being hingeably connected along an outer edge thereof,

- the shell forming at least one first configuration wherein said first plate is separated from said second plate a distance sufficient to expose said first plate groove wherein food to be cooked may be placed, and forming a second configuration wherein said first plate and said second plate are brought together to enclose said food to be cooked so that said first plate outer edge engages with said second plate outer edge and said first plate inner edge engages with said second plate inner edge;

- configuring the shell in a first configuration that provides access to at least one of said first plate groove and said second plate groove;

- placing food to be cooked within the shell comprising placing said food within one of said first plate groove and said second plate groove;

- placing said shell in a second configuration by bringing together said first plate and said second plate to form an enclosure comprising a first environment which is a food containing environment;

- placing said shell containing the food desired to be cooked in a frying apparatus said frying apparatus comprising a second environment, said second environment containing a liquid cooking media, wherein placing said shell within said frying apparatus comprises placing said shell on a transport rack and transporting said shell through said liquid cooking media;

- maintaining said shell in said frying apparatus for a sufficient period of time to cook said food and maintaining the food to be cooked in said first environment and maintaining said liquid cooking media in said second environment;

- removing the cooked food from the shell, wherein said cooked food resembles the configuration of the grooves of said first and second plates; that approximates the shell configuration,

- wherein removing said cooked food from said shell includes lifting said first shell plate from said second shell plate, wherein said first shell plate and said second shell plate remain connected to one another during said lifting, ~~and wherein removing the cooked food comprises independently moving one of the first shell plate and the second shell plate relative to the other of the first shell plate and the second shell plate to remove the cooked food from the shell, wherein the cooked food of a shell is independently removable from said shell relative to each other cooked food item.~~

37. (Previously presented) The method of claim 36, wherein said first plate inner edge is radially inward of said first plate outer edge, and wherein said second plate inner edge is radially inward of said second outer edge.

Claims 38-39 (Canceled)

40. (New) The method of claim 36, including providing a plurality of shells, linking said plurality of shells together with a flexible linking mechanism, and wherein the linked together shells are placed within said frying apparatus by placing said linked together shells on the transport rack and transporting said linked together shells through said liquid cooking media.

41. (New) A method of cooking comprising:

- providing at least two shells, each shell including a first plate with at least one edge and a second plate with at least one edge, said first plate and said second plate being hingeably connected along an edge thereof, the shell forming at least one first configuration wherein food to be cooked may be placed therein and forming a second configuration wherein said first plate and said second plate are brought together to enclose said food to be cooked;

- configuring the shells in a first configuration;
- placing food to be cooked within the shells;
- placing each of said shells in a second configuration by bringing together said first and said second plate;

- the method including linking the shells together with a flexible linking mechanism;
- immersing the linked shells that contain the food to be cooked in a frying apparatus and cooking said food contained within said linked shells, wherein immersing said shells in said frying apparatus comprises placing said shells on a transport rack and transporting said shells through said liquid cooking media;
- removing the cooked food from the shells, wherein the cooked food resembles the second shell configuration of the shell from which it was removed,
- wherein removing said cooked food from a said shell includes lifting one of said first shell plate and said second shell plate relative to the other.